



MetroHealth

Is a trauma-informed community the key to health resilience?: A multidisciplinary partnership pilot

Sarah Hendrickson M.Ed.
Katie Kurtz, M.S.W. LISW-S
Mary Breslin, M.P.H.



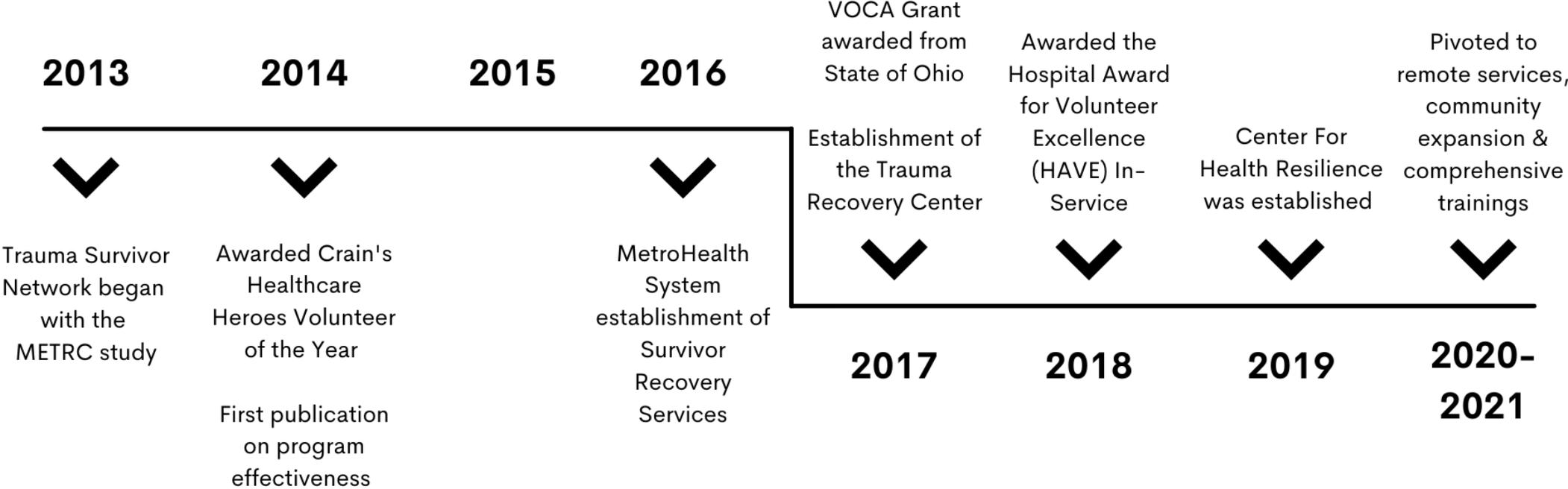
Shared Language

We define TRAUMA as.... a human experience that disrupts, threatens or harms the safety, security and stability of an individual, group, collective and/or culture that is beyond the capacity to master at the time.

We define RECOVERY as...the ability to safely and consistently regain control over health and healing.

We define RESILIENCE as...the practice of building our capacity to feel more safe, secure and stable in times of adversity and relentless stress through connection and purpose

History of TRS



The Value of Trauma Recovery Services

Follow Up Visits

- 80% of patients exposed to TRS **attended their planned follow up visits** compared to 55% of controlled patients not exposed to TRS (1)

Quality of Life

- Exposure to TRS programming resulted in **higher self-efficacy** (perceived likelihood to recover) compared to non-TRS exposed (2)

Recidivism

- TRS patients were **less likely to go to the Emergency Department**, and utilization within the Emergency Department assessed by charges were lower for TRS patients (3)

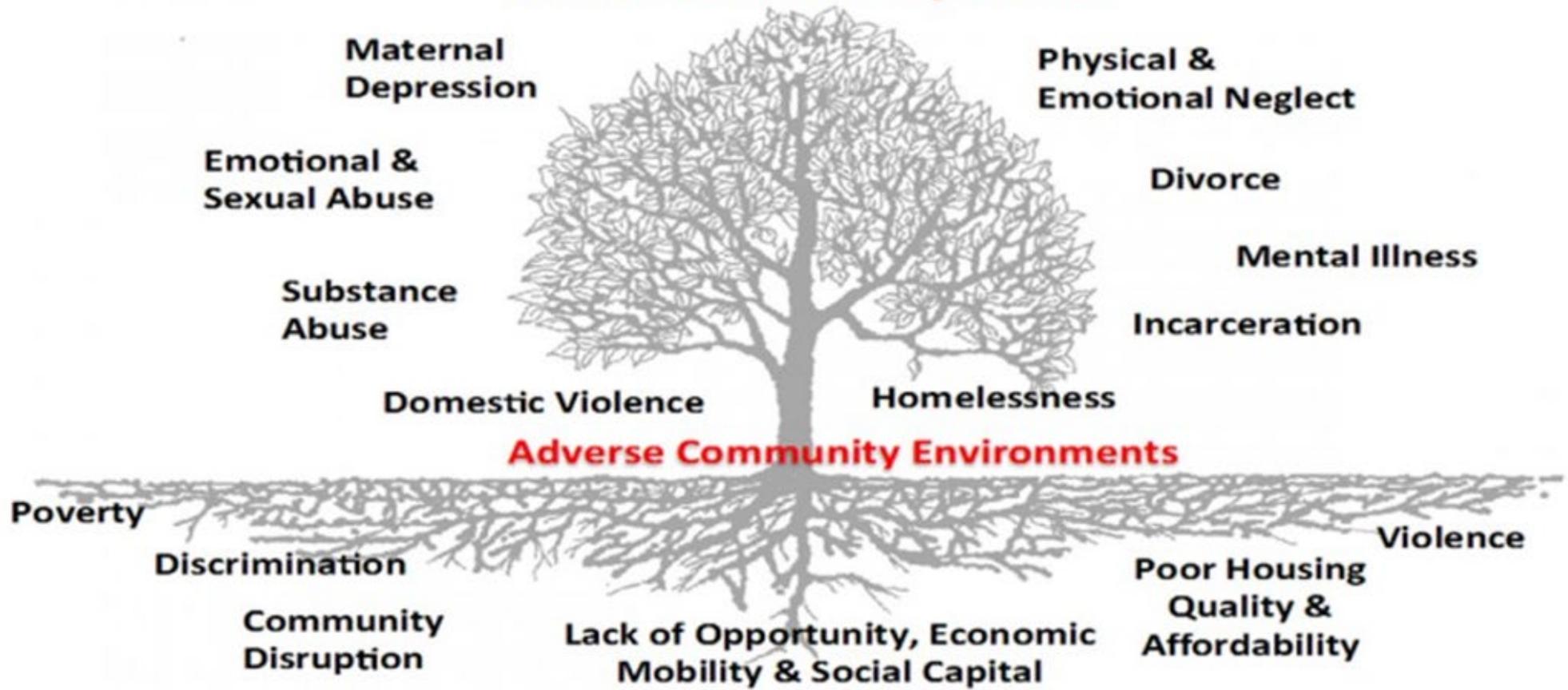
Patient Satisfaction

- TRS program supporting patient education and engagement **increases patient satisfaction** after traumatic injury (4)



The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



This work is licensed under the CC-BY-NC-SA 4.0 License. To view a copy of the license, visit <https://creativecommons.org/licenses/by-nc-sa/4.0/>. Noncommercial use of this material is allowed, including modification, with attribution to the license holder: Building Community Resilience, Redstone Global Center for Prevention and Wellness, Milken Institute School of Public Health, George Washington University. Visit go.gwu.edu/BCR for the original work.

Center for Health Resilience

Overview

The Center for Health Resilience expands the understanding of how trauma intersects all communities, systems and people. Our evidence-informed practices give rise to health resilience through our programs, research and development. We are creating a sustainable trauma services model that will continue to lead research-based pathways towards recovery and healing.

Our Mission

Reimagining how communities and health intersect by giving rise to new pathways for recovery and resilience.

Our Vision

To live in a world that is healthy, connected and resilient.

Our Values

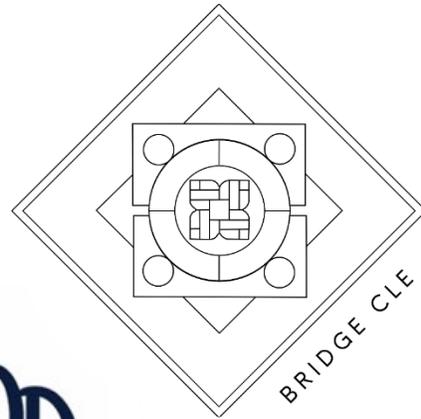
Transparency,
Courage,
Connection,
Action & Integrity





**A comprehensive
framework
adaptable across
multi-disciplinary
environments**

Pilot Series



Outcomes

- Is this replicable in community environment?
- Does our training impact professional quality of life?
- Does implementation of our framework impact organizational and community health?



Measurements and Evaluation

Trauma Awareness and Participant Readiness

- ARTIC - Attitudes Related to Trauma-Informed Care survey
- ProQOL - Professional Quality of Life assessment

Training Methods and Feedback

- Leadership/Participant perspectives qualitative feedback
- Leadership/Participant and community engagement
- Organizational Readiness Screening
- Provider Satisfaction Survey
- Employee Retention
- Culture Transition





Center for Health Resilience & Trauma Recovery Services

Sarah Hendrickson M.Ed.

shendrickson@metrohealth.org

Katie Kurtz, M.S.W. LISW-S

kkurtz@metrohealth.org

Mary Breslin, M.P.H.

mbreslin@metrohealth.org

visit us at www.centerforhealthresilience.org

Citations

1. Joseph, N.M., Benedick A., Breslin, M.A., Flanagan C.D., Simpson, M.J., Vallier, H.A. A pilot study: Mental health support may reduce post-injury opioid use in orthopaedic trauma patients who screen positive for PTSD, Poster Presentation. Annual Meeting of the Orthopaedic Trauma Association, Denver, CO, September 2019. Pending publication.
2. Hendrickson, S. B., Simske, N. M., DaSilva, K. A., & Vallier, H. A. (2020). Improvement in Outpatient Follow-up With a Postdischarge Phone Call Intervention. *Journal of the American Academy of Orthopaedic Surgeons*, 1. <https://doi.org/10.5435/JAAOS-D-19-00132>
3. DeMario, B., Kalina Jr. M., Truong, E., Hendrickson, S., Tseng, E.S., Claridge, J.A., Vallier, H.A., Ho, V.P., Downstream Hospital System Effects of a Comprehensive Trauma Recovery Services Program. Podium Presentation. EAST Annual Scientific Assembly, Orlando, FL January 2020. Pending publication.
4. Simske, N. M., Breslin, M. A., Hendrickson, S. B., York, K. P., & Vallier, H. A. (2019). Implementing recovery resources in trauma care. *OTA International*, 2(4), e045. <https://doi.org/10.1097/oi9.0000000000000045>

